

Administration advises people not to eat raw cookie dough or batter made with raw eggs because the eggs may contain bacteria that can cause an intestinal illness called salmonellosis. Thorough cooking will kill the bacteria that cause the infection.

The following tips will help keep your food safe as well as delicious:

- **Clean** — Wash hands and cutting surfaces with soap and water often. Clean your meat thermometer after using it. Remember that bacteria can spread from knives, cutting boards and hands. Use paper towels to clean up countertops rather than sponges. If you are ill with sore throat, nausea, diarrhea or vomiting, you should not prepare food.
- **Separate** — Avoid cross-contamination. Separate raw and cooked/ready-to-eat foods to prevent the spread of bacteria during preparation and serving. If you have placed raw food on a cutting board, platter or utensil, do not re-use it for cooked or ready-to-eat food unless you have first washed it in hot, soapy water.
- **Cook** — Cooking foods to a high enough temperature for a long enough time will kill harmful bacteria and prevent food-borne illness, especially for raw meats, poultry and shellfish. Use a meat thermometer when cooking meats and poultry to ensure they reach proper temperatures. Never partially cook food for finishing later because it will increase the risk of bacterial growth. Turkey needs to be cooked to 180°F when measured at the inner thigh near the breast. Casseroles containing eggs should be cooked to an internal temperature of 165°F. Letting food temperatures drop below 140°F can allow bacteria to grow rapidly. When you prepare food ahead of time, be sure to put it into shallow containers so it will cool properly and refrigerate.
- **Chill** — Refrigerate prepared foods within two hours; this will prevent bacteria from growing rapidly. This includes custard pies, such as sweet potato or pumpkin, and custard-filled cakes and pastry. Refrigerators should be set at 40°F and freezers at zero°F. Large masses of meat like turkeys should be carved into smaller portions in order to cool more rapidly. Portions will cool more thoroughly if they are no more than four inches thick.
- **Discard** — Food left out at room temperature for more than two hours should be discarded. Leftovers should be placed in shallow containers and refrigerated immediately.

If you develop symptoms of food-borne illness, such as nausea, vomiting, diarrhea or fever, contact your health care provider or local health department. Very young children, pregnant women, the elderly and people with compromised immune systems have an increased risk of developing serious illness and should visit a health care provider immediately if they develop these symptoms.

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